

YOUR VALUES
YOUR PREFERENCES
YOUR CHOICE

Allina Health 

Considering Lung Cancer Screening

Having the Low-dose CT Screening, Not Having the Low-dose CT Screening

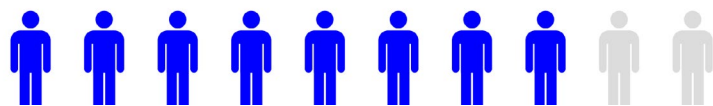


Understanding Lung Cancer Screening

Lung Cancer

Lung cancer is the leading cause of cancer death among both men and women. More people die of lung cancer each year than of colon, breast and prostate cancers combined.

Smoking is the most common risk factor for developing lung cancer.



8 out of 10 lung cancers are caused by smoking.

Lung Cancer Screening

Lung cancer screening is done to find lung cancer early when it is most treatable. It starts with visiting your health care provider. He or she will talk with you to see if you qualify for a low-dose computed tomography (CT) for lung cancer screening.

Your provider will talk with you about the importance of:

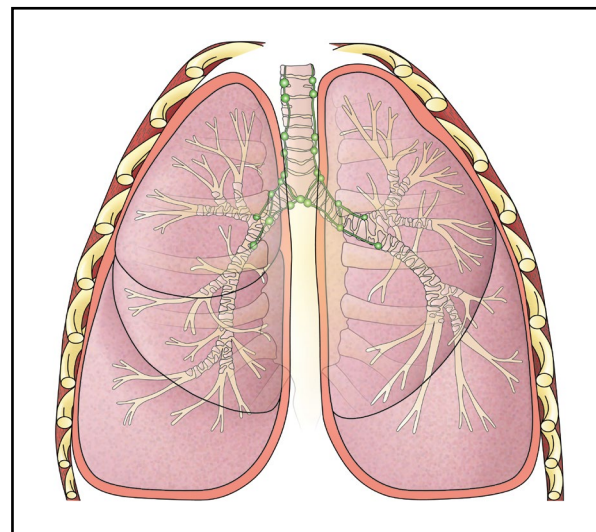
- following recommendations after the screening
- quitting smoking
- following the yearly plan for screening.

The CT screening uses special equipment to take pictures of your body. This screening will provide more detail than a chest X-ray. Your health care provider will use the pictures to look for lung cancer. X-ray is not effective screening for lung cancer.

Screening Guidelines

Lung cancer screening is recommended if:

- You are between the ages of 55 and 80. Medicare will cover screenings for patients between the ages of 55 and 77. Private insurance may vary.
- You smoke now or have quit within the last 15 years.
- You have a history of heavy smoking (30 pack year history). This means that you have smoked one pack of cigarettes a day for 30 years or two packs a day for 15 years.
- You have no signs or symptoms of lung cancer.
- Your health care provider has decided you do not have new respiratory (breathing) symptoms.
- You are able to be treated if lung cancer is found.
- You are willing to get screened every year.



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The lungs are a pair of cone-shaped breathing organs inside your chest.

Benefits and Risks

	Having the Low-dose CT Screening	Not Having the Low-dose CT Screening
Benefits	<ul style="list-style-type: none"> ■ According to the National Lung Screening Trial (NLST), the screening lowers your risk from dying of lung cancer by 20 percent. ■ The screening can find lung cancer in the earliest and most treatable stages. <ul style="list-style-type: none"> — At least 3 or 4 out of every 100 lung nodules (abnormal spot) are cancer. ■ The screening is painless and takes less than 1 minute. Your visit will take about 30 minutes in total. ■ Radiation will not stay in your body after the screen. ■ The screening program offers counseling to help you quit smoking and tobacco use. 	<ul style="list-style-type: none"> ■ You will not have to worry about a false-positive result. This happens when something looks like cancer but is not. ■ You will not be exposed to radiation. ■ You will not need to fit appointments or travel time into your schedule.
Risks	<ul style="list-style-type: none"> ■ The screening may be a false-positive. This happens when something looks like cancer but is not. <ul style="list-style-type: none"> — About 1 out of 4 people will get this result. He or she may or may not need more tests or procedures to confirm there is no cancer. ■ The screening may be a false-negative. This happens when the test does not show that lung cancer is present when it may be. <ul style="list-style-type: none"> — Fewer than 1 out of 10 people who have lung cancer will get this result. ■ The dose for the screening is equal to the radiation exposure the average person gets in 1 year from being in the environment. ■ Some insurance providers do not cover the cost. You will need to check with your insurance provider. 	<ul style="list-style-type: none"> ■ You may have lung cancer and not know it. ■ You may have anxiety from not knowing if you have lung cancer. ■ If you have lung cancer, you may: <ul style="list-style-type: none"> — not be able to treat it at its earliest stage — allow it to spread to other areas of your body — increase your chance of dying because of lung cancer.

My Understanding

Questions	Answers
If I meet the criteria for the CT screening, how much will I benefit?	In 2011, the NLST found the CT screening lowers the number of lung cancer deaths in heavy smokers by 20 percent.
Is the low-dose CT screening option safe for me?	<ul style="list-style-type: none"> ■ Screening with low-dose CT screening will find small spots or nodules in at least 1 out of 4 people who get scanned. Most of these nodules are not cancer. ■ There is some radiation exposure with low-dose CT. It is about the same radiation exposure the average person gets in 1 year from sources found in nature.
Is screening the only option to help prevent lung cancer?	No. Screening does not stop lung cancer from occurring. It can only find it. The No. 1 way to reduce the risk of lung cancer is to not smoke or to quit smoking.
Do I have to get screened right after I meet with a health care provider? How often is the screening recommended?	You can have the screening the same day as your visit with the health care provider. You may also choose to take more time to think about your options. You should continue to have follow-up screenings each year.
What happens if screening shows a lung nodule or another abnormal finding in or outside the lung?	Together, you and your health care provider will talk about the results and make a plan that may or may not include more tests and procedures.
Is the low-dose CT screening cost covered by insurance?	Medicare will cover the cost of the screening for people between the ages of 55 and 77. Other insurance plans may vary. Call your insurance provider to find out what is covered under your plan.

My Preferences

Questions	My Thoughts
As you think about the possible risks, what are your fears or concerns?	
Are you clear about the benefits and risks of each option? What matters most to you?	
Which of these options, at this time, do you feel fits best with your treatment goals?	
What may get in the way of you doing this?	
Do you feel you have enough support and information?	

My Preference at This Time

have the screening do not have the screening undecided

Next Steps

Insurance Coverage

Health care benefits change and differ from plan to plan and provider to provider. It is important for you to understand your health care benefits before your delivery.

Please call your insurance provider and find out exactly what is and isn't covered under your plan, and how much you have to pay yourself. Look for the telephone number on your membership card.

Check with your insurance provider if you have any questions about your coverage.

Resources

Allina Health

- allinahealth.org/LungCancerWhatIsIt/
- allinahealth.org/stop-smoking-programs
- allinahealth.org/stop-smoking-medications
- allinahealth.org/quit

Virginia Piper Cancer Institute

- **Abbott Northwestern Hospital**
612-863-0200
- **Mercy Hospital**
763-236-0808
- **United Hospital**
651-241-5111
- **New Ulm Medical Center**
507-217-5011

National

- **American Cancer Society**
cancer.org
- **American Lung Association**
lung.org
- **A Breath of Hope Foundation**
abreathofhope.org/screening/
- **Medicare**
medicare.gov
- **National Cancer Institute**
cancer.gov
- **National Cancer Society**
americancancerfund.org

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- view and pay bills
- refill a prescription
- view immunizations and medicines
- set and track health goals
- receive lab results sooner
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- manage another person's care
- write a health care directive
- email your care team*
- schedule appointments*.

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